



bhava

YOGA STUDIO PRESENTS

yoga fundamentals

MONDAYS, JULY 26 - AUGUST 30
6-7:15 PM | 6 CLASSES \$75

WEDNESDAYS, JULY 28 - SEPT 1
9:30-10:45 AM | 6 CLASSES \$75

Have you been wanting to start yoga but haven't been able to find a class basic enough for you? This class will introduce you to basic alignment and yoga postures, all at a pace that will allow you to build your practice with ease and much benefit. Join the supportive, warm community at Bhava Yoga Studio and be guided by Michael Quanci, a highly trained teacher. The class is appropriate for everyone! ***This highly personalized class is limited to no more than 10 students. Pre-registration is strongly encouraged.***

To register call 505-842-1080
or go to bhavayogastudio.com



Michael Quanci has pursued the study of yoga for more than a decade. He completed his first certification in 2003 at Om Yoga Studio in New York City. He continues to study intensively with Anusara Certified Instructors Desiree Rumbaugh and Bea Doyle. Michael believes that through the practice of yoga we can achieve an inner spaciousness needed to live a happy, centered life